

# VitalNews

THE NEWSLETTER OF VITALREMEDYMD

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## Why do more than half of all Americans use nutritional supplements daily?

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Research suggests that supplement users are healthy people who tend to eat a better diet than most and who consider nutritional support one of several ways to protect their health. Commonly cited reasons for taking a daily multivitamin include:

- to enhance energy and well-being
- to help defend against degenerative diseases such as cancer, heart disease, osteoporosis, and dementia
- to help manage existing health conditions such as arthritis and diabetes
- to slow the aging process

In fact, although we cannot make specific claims about nutritional supplements, a growing body of evidence from medical and epidemiological studies suggests a correlation between supplemental multivitamins and other nutrients and improved health, including the following:

- reduced incidence of heart disease and stroke
- protection against certain kinds of cancer
- decreased incidence of certain birth defects
- improved immune functioning
- decreased number of sick days caused by infections among the elderly
- delayed onset or progression of vision-robbing macular degeneration
- reduced incidence of hip fractures from osteoporosis

The well-recognized Lewin Group study found that given the myriad potential protective benefits, daily use of a multivitamin is a relatively inexpensive yet potentially powerful way to improve one's health. They also noted that within a health insurance context, the five-year estimate of potential net savings resulting from daily multivitamin intake for adults over 65 is approximately 1.6 billion dollars.

So if taking a daily multivitamin is in fact a sensible and inexpensive "insurance policy," and you'd like to get one, which multivitamin do you pick? There is certainly no shortage of choices. So how do you know what to look for in a multi? How do we make sense of the fine print, not only the ingredients, but the quantities of those ingredients? Are they sufficient? Is it too much? Is it safe for me? All good questions we should be asking. It is difficult, however, to find a knowledgeable guide amidst the ever changing landscape of suggested nutritional requirements. Don't let the confusion deter you. Research shows that 80 to 90 percent of the population does not achieve the recommended daily value (RDV) for each vitamin and mineral each day, nor do they even come close. As if it weren't hard enough to get the nutrients through our diet, 12 of the top 20 medications prescribed in the United States are drugs that can cause nutrient depletions. Then factor in the stress of our multi-tasking through the ever quickening pace of each day. In fact, marginal nutritional deficiencies are present in as much as 50% of the non multiple vitamin and mineral using population. And, keep in mind that the RDV levels for each nutrient are only intended to guard against severe nutrient deficiency diseases like Scurvy (vitamin C), but are not intended to serve as levels of vitamin and mineral intake that are optimal in regard to supporting biological functions, preventing degenerative diseases and maximizing our well-being and longevity.

It used to be that patients got all their medical knowledge from their doctors. Now there is so much information exploding across media sites that it's hard to keep up. Even more difficult is making good sense of the news. If it seems like you're getting mixed messages, that's because the news reports every small step that science takes without acknowledging that mistakes are an integral part of the process. Each finding is a part of the complex process of discovery, not the final solution. In an effort to keep you informed the media often reports all studies as if they have the same degree of merit, without taking a critical look at things like sample size and design of the study. There are many factors that can determine the validity of study results and whether these findings can and should be immediately extended to the population as a whole; often bad studies get published in medical journals and then get swept up by the media and land on our plates. It's overwhelming and confusing.

VitalRemedyMD is a nutritional supplement company that strives to make sense of the information overload. We provide top quality pharmaceutical grade supplements that are independently assayed for content and purity. Formulations are based on sound scientific evidence and clinical experience, incorporating ongoing research findings when they deserve merit. Equally important is our mission to educate physicians and patients on the appropriate use of nutritional supplements to support your health and well-being. We are proud to be your resource for information and understanding.



SETH J. BAUM, M.D. FACC  
Founder  
VitalRemedyMD

inside

Our Family  
of Products

Intelligent  
Indulgences

LAURA D. BAUM, M.D.  
Editor in Chief

# AntioxidantBalance®

## PRODUCT BENEFITS

- Pure USP Pharmaceutical Grade quality
- Use of blood testing may help determine appropriate dosage of antioxidants
- Includes a balanced combination of Vitamins C and E, Co Q10, Lipoic Acid, Selenium, and L-Carnitine
- Pure and natural color coating to avoid heavy metals
- Independently assayed by FDA registered laboratories for safety and purity

Antioxidants help neutralize free radicals. In 1956, Harmon hypothesized that free radicals are responsible for the aging process. Since then, free radicals have been implicated in a wide array of disease states, from cardiovascular and cerebrovascular disease, to Alzheimer's, arthritis, and even cancer. Antioxidants, the body's defense against free radical damage have been used in a wide range of dosages. Although many studies support the use of antioxidants, some have demonstrated a possible negative effect at high doses. Human beings are individuals, however, and what may be the right dose for one, may be wrong for another. Medical doctors with access to specific laboratory tests can help determine a patient's requirements for antioxidant supplementation. In response, varying doses of a balanced formulation of vitamins C and E, Co Q10, Lipoic Acid, Selenium, and L-Carnitine found in **AntioxidantBalance®** can be scientifically recommended to meet individual needs.

## FEATURES

- Alpha Lipoic Acid: A nutritional cofactor that is involved in energy metabolism. It also has the ability to enhance the antioxidant power of vitamins E and C, Co Q10, and Glutathione, creating an antioxidant network that gives more complete protection from free radicals.
- Coenzyme Q10: The heart, liver, brain and other vital organs require Coenzyme Q10 to produce ATP, the body's main energy storage molecule. A powerful antioxidant, Coenzyme Q10 helps protect even cholesterol from oxidative damage.
- L-Carnitine: An amino acid derivative that is synthesized in part by the liver. Essential for health, L-Carnitine is formed from lysine, methionine, niacin, vitamin B6, vitamin C, and iron. L-Carnitine works synergistically with Co Q10. It brings fatty acids into mitochondria where they can help generate ATP by the action of Co Q10.

## SUPPLEMENT FACTS

Serving size: one tablet		%RDV
Vitamin C (Ascorbic Acid)	200 mg	333%
Vitamin E (d-alpha Tocopherol/ Natural Mixed Tocopherols)	150 IU	500%
Lipoic Acid	25 mg	N/A
L-Carnitine (with 1/2 acetyl)	25 mg	N/A
Coenzyme Q10	25 mg	N/A
Selenium (Amino Acid Chelate)	20 mcg	28.5%

# CALRemedy®

## PRODUCT BENEFITS

- Pure USP Pharmaceutical Grade quality
- Calcium citrate which is readily absorbed without food and can be taken any time of day
- Limited quantities of calcium per capsule increases absorption, maintains smaller capsule size, and gives you the flexibility to personalize your calcium intake
- Vitamin D which is essential for calcium absorption
- Capsule form for optimal absorption; vegetable capsule suitable for vegetarians
- Independently assayed by FDA registered laboratories for safety and purity

Osteoporosis literally means porous bones. It refers to a condition of accelerated bone loss that is complex, involving hormonal, lifestyle, nutritional, and environmental factors. A comprehensive plan that addresses these issues can protect against osteoporosis. **CALRemedy®** was formulated to assist in the nutritional aspects of prevention; allowing you to take in the additional calcium and vitamin D in the amounts you need to maintain strong and healthy bones. There are several different forms of calcium – the two most common being carbonate and citrate. Calcium carbonate must be taken with food and is dependent on adequate levels of stomach acid for proper absorption. Seniors who tend to have insufficient stomach acid and those taking medications that block stomach acid production absorb calcium carbonate supplements less efficiently than they absorb calcium citrate supplements. For this reason **CALRemedy** utilizes only calcium citrate. Because it does not depend on stomach acid for solubility and absorption, calcium citrate need not be taken with food. Another beneficial feature of **CALRemedy** is that it is in capsule form which further enhances its bioavailability; and it is a veggie cap which does not contain gelatin and is therefore suitable for vegetarians. Each capsule contains 125 mg of elemental calcium citrate which optimizes what your body absorbs since absorption of calcium decreases with increasing dosage. **CALRemedy** allows for multiple small dosages of calcium to be taken any time during the day to meet your individual requirements. For example: If you are taking **VitalRemedyMD's DailyMultiple** which contains 1000 mg of calcium in divided doses, and you are a woman over 50, your healthcare provider may suggest you take two additional capsules of **CALRemedy** to meet your requirement of 1200 mg daily. If you prefer to take the **Daily2Tab** which provides your vitamins and minerals in just two tablets daily, you will only get 500 mg of calcium. In that case you can supplement with **CALRemedy** as directed to meet your individual needs. Also critically important is the addition of vitamin D which stimulates calcium absorption. It has been recognized for some time that low levels of vitamin D have been linked to osteoporosis and other bone diseases, but more recent studies have linked low levels of vitamin D to multiple sclerosis, musculoskeletal pain, and even some types of cancer. Vitamin D isn't found naturally in many foods, in fact, most of our vitamin D is produced in our bodies by the action of sunlight on 7-dehydrocholesterol in the skin. As people age, however, they often lose the ability to make

vitamin D. Low levels of vitamin D are common, especially in older people and those living in the northern latitudes. The recommended daily intake of vitamin D is 400 IU for both men and women, and 600-800 IU for those over 70. Many experts believe these guidelines have been set too low. Each CALRemedy capsule contains 50 IU of Vitamin D; this can be safely added to the DailyMultiple or Daily2Tab which contain 400 IU. Other nutrients that are important for prevention of osteoporosis and are present in the DailyMultiple at 100% of the Daily Recommended Value include magnesium, vitamin B6, folic acid, vitamin B12, vitamin K, and Boron.

## S U P P L E M E N T F A C T S

Serving size: one veggie capsule % RDV

Vitamin D3 (Cholecalciferol)	50 IU	13%
Calcium (as Calcium Citrate)	125 mg	13%



# DailyMultiple/Daily2Tab

## P R O D U C T B E N E F I T S

- Pure USP Pharmaceutical Grade Quality
- A full complement of essential vitamins and minerals important for healthy bone formation
- Minerals as Amino Acid Chelates for improved absorption
- Natural Vitamin E and mixed Tocopherols
- Lycopene to promote cardiovascular and prostate health
- Vegetarian formula contains no starch, yeast or sugar
- Pure and natural color coating to avoid heavy metals
- Independently assayed by FDA registered laboratories for safety and purity

Getting the nutrients we need from dietary sources is difficult and becomes increasingly challenging as we age; fewer calories, but more nutrients are needed. It is estimated that a significant number of people have sub-clinical nutrient deficiencies that impact the body's ability to maintain itself as well as possible. In the June 19th, 2002 issue of JAMA, Drs. Fletcher and Fairfield recommended that all adults take a daily multivitamin supplement. The truth is, however,

that not all vitamins are created equal. Most are not independently assayed, and many have unnecessarily (and potentially hazardous) high quantities of some ingredients. VitalRemedyMD's DailyMultiple provides 100% of the Recommended Daily Value (RDV) for the essential vitamins and minerals. In two tablets taken twice daily, patients can ingest enough calcium and magnesium to maintain healthy bones, eliminating the need for extra mineral supplements. For those patients on Coumadin, or those patients who wish to take only two tablets daily, there is the Daily2Tab. The Daily2Tab contains no Vitamin K, and has only 500 mg of Calcium. We have intentionally limited the quantities of all elements of our multivitamins to at most 100% of the RDV. Additional supplementation with a balanced formulation of antioxidants, such as Vitamins C and E, CoQ10, and Lipoic acid is suggested only if indicated by individual blood testing. Our daily multivitamins do not include Iron, as excess intake can be harmful. Lycopene, the carotenoid found in tomatoes, has been included at 6 mg daily because of its association at this dose with a lower risk of prostate cancer and heart disease.

## S U P P L E M E N T F A C T S

Serving size: four tablets (DailyMultiple)  
two tablets (Daily2Tab) % RDV

Vitamin A as Beta Carotene	5,000 IU	100%
Vitamin D3 (Cholecalciferol)	400 IU	100%
Vitamin E (d-alpha Tocopherol/ Natural Mixed Tocopherols)	30 IU	100%
Vitamin C (Ascorbic Acid)	60 mg	100%
Vitamin B1 (Thiamine Mononitrate)	1.5 mg	100%
Vitamin B2 (Riboflavin)	1.7 mg	100%
Vitamin B3 (Niacin/Niacinamide)	20 mg	100%
Vitamin B5 (Pantothenic Acid)	10 mg	100%
Vitamin B6 (Pyridoxine HCL)	2 mg	100%
Vitamin B12 (Cyanocobalamin)	6 mcg	100%
Folic Acid	400 mcg	100%
Biotin	300 mcg	100%
Vitamin K (Phytonadione)	80 mcg*	100%*
Calcium (Carbonate and Citrate)	1000 mg**	100%**
Iodine (Potassium Iodine)	150 mcg	100%
Molybdenum (Amino Acid Chelate)	75 mcg	100%
Magnesium (Magnesium Oxide/ Amino Acid Chelate)	400 mg	100%
Copper (Amino Acid Chelate)	2 mg	100%
Zinc (Amino Acid Chelate)	15 mg	100%
Chromium (Amino Acid Chelate)	120 mcg	100%
Selenium (Amino Acid Chelate)	70 mcg	100%
Manganese (Amino Acid Chelate)	2 mg	100%
Potassium	99 mg	100%
Boron (Amino Acid Chelate)	3 mg	N/A
Lycopene	6 mg	N/A

\* Vitamin K is absent in the Daily2Tab

\*\* Calcium is 500 mg or 50% of the RDV in the Daily2Tab



## Dialysist®

### PRODUCT BENEFITS

- Pure USP Pharmaceutical Grade quality
- Doctor formulated daily multivitamin to meet the unique needs of patients with renal (kidney) impairment
- Adequate amounts of water soluble vitamins to replenish the losses common to these patients
- Vitamins B6, B12, and Folic Acid to help maintain healthful homocysteine levels
- N-Acetyl Cysteine (NAC) to further address the problem of elevated homocysteine common to kidney patients
- Once a day dosing
- Pure and natural color coating to avoid heavy metals
- Independently assayed by FDA registered laboratories for safety and purity

Dialysist® is the daily multiple vitamin of choice for patients with kidney abnormalities. Patients on chronic dialysis and even those with mild to moderate renal impairment have their own unique nutritional and medical issues to contend with. These individuals have a high likelihood of developing vascular disorders such as heart attacks and strokes. A major underlying metabolic and nutritional abnormality present in 90% of renal failure patients, and predisposing them to these life-threatening problems, is an abnormally high level of homocysteine in their blood. In order to contend with this predisposition, medical doctors formulated Dialysist to help their patients achieve better levels of vitamins B6, B12 and Folic Acid. Because homocysteine abnormalities often represent such a difficult problem for these patients, an additional nutrient, N-Acetyl Cysteine (NAC), has been included in Dialysist to further help normalize levels. They also require higher daily intakes of the water soluble vitamins such as Thiamin, Riboflavin, Pantothenic acid and Biotin. Thus, these too are present in appropriate quantities in the unique formula Dialysist, to "assist" this special population of patients.

### SUPPLEMENT FACTS

Serving size: one tablet		% RDV
Vitamin C (Ascorbic Acid)	120 mg	200%
Vitamin B1 (Thiamin Hydrochloride)	3 mg	200%
Vitamin B2 (Riboflavin)	3.4 mg	200%
Vitamin B3 (Niacinamide)	20 mg	100%
Vitamin B5 (Pantothenic Acid)	20 mg	200%
Vitamin B6 (Pyridoxine HCL)	50 mg	2,500%
Vitamin B12 (Cyanocobalamin)	1 mg	16,667%
Folic Acid	5 mg	1,250%
Biotin	0.6 mg	200%
N-Acetyl Cysteine (NAC)	500 mg	N/A

## HomocysteineFormula

### PRODUCT BENEFITS

- Pure USP Pharmaceutical Grade quality
- Use of blood tests is recommended to determine patients' serum levels of homocysteine
- HomocysteineFormula is designed to improve nutritional deficiencies in patients with elevated homocysteine levels
- Independently assayed by FDA registered laboratories for safety and purity

Elevated homocysteine levels represent an independent risk factor for numerous ailments: coronary artery disease, cerebrovascular accidents, peripheral vascular disease, Alzheimer's, and macular degeneration. Homocysteine levels are raised by: tobacco abuse, high cholesterol, coffee consumption, alcohol, high calorie diets, sedentary lifestyles, renal insufficiency, hypothyroidism, oral contraceptives, and theophylline. Low levels of B vitamins (folic acid, B6, and B12) also contribute to elevated homocysteine.

HomocysteineFormula is a nutritional supplement that combines vitamins B6, B12, and folic acid and is designed for patients who have high homocysteine. Because of significant variations in response among patients taking this formula, we feel it is best to monitor blood levels of homocysteine. The occasional patient may require additional supplementation with N-Acetyl Cysteine (NAC) in order to achieve an optimal homocysteine level.

### FEATURES

- Folic Acid - Needed for energy production and the formation of red blood cells. It strengthens immunity by aiding in the proper formation and function of white blood cells. It also helps maintain arterial health and limit the accumulation of homocysteine.
- Vitamin B6- Plays a role in immunity and helps maintain arterial health. It also limits the accumulation of homocysteine.
- Vitamin B12- Needed to prevent anemia. It aids folic acid in regulating the formation of red blood cells. This vitamin is required for the synthesis of protein, and the metabolism of carbohydrates and fats. It also helps maintain healthy arteries and limit the accumulation of homocysteine.





## SUPPLEMENT FACTS

Serving size: one tablet		%RDV
Vitamin B6	25 mg	1,250%
Vitamin B12	1 mg	16,667%
Folic Acid	3 mg	750%

## JointFormula

### PRODUCT BENEFITS

- Pure USP Pharmaceutical Grade quality
- The natural supplements Glucosamine Sulfate and Chondroitin Sulfate have been shown to improve cartilage and joint health
- Enteric capsules to enhance absorption and eliminate the inherent odor of fish oils
- Independently assayed by FDA registered laboratories for safety and purity

Osteoarthritis afflicts millions of Americans. The typical treatment utilizes agents such as the non-steroidal anti-inflammatory drugs (NSAIDs). Studies have shown, however, that NSAIDs can inhibit collagen repair and even accelerate osteoarthritis and joint destruction (not to mention the other potential side-effects of ulcers, hypertension, heart attacks, and kidney problems). The natural supplements Glucosamine Sulfate and Chondroitin Sulfate, have been shown to improve cartilage and joint health, and reduce joint space narrowing (McAlindon et al, JAMA, March 15, 2000). The following vitamins and minerals included in **JointFormula** are also known to be essential for maintenance of healthy cartilage and joints: B6, E, C, B5, Zinc, and Copper. **JointFormula** also contains the omega-3 oils EPA and DHA to further support joint health. **JointFormula** has been encapsulated and enteric coated to enhance absorption and eliminate the odor of the fish oil component.

### FEATURES

- The combination of Glucosamine Sulfate and Chondroitin Sulfate is believed to stimulate the metabolism of chondrocytes (cartilage cells). Once these cells have been stimulated, they produce proteins which keep cartilage strong and joints well lubricated
- Vitamins and minerals essential for the maintenance of healthy cartilage: B6, E, C, B5, Zinc and Copper
- Use of sulfated forms of Chondroitin and Glucosamine to increase efficacy

## SUPPLEMENT FACTS

Serving size: four capsules		% RDV
Glucosamine Sulfate	1,500 mg	N/A
Chondroitin Sulfate	1,200 mg	N/A
EPA and DHA (omega-3s)	400 mg	N/A
Vitamin C (Ascorbic Acid)	60 mg	100%
Vitamin E (d-alpha Tocopherol/ Natural Mixed Tocopherols)	30 IU	100%
Pantothenic Acid	12.5 mg	125%
Zinc (Amino Acid Chelate)	10 mg	67%
Copper (Amino Acid Chelate)	1 mg	50%
Vitamin B6	25 mg	1250%



## RetinGuard™ and RetinGuard™ Plus Beta-Carotene

### PRODUCT BENEFITS

- Pure USP Pharmaceutical Grade Quality
- Lutein/Zeaxanthin/Meso-zeaxanthin in a patented formulation
- Optional Beta-Carotene to meet individual needs
- Natural Vitamin E and mixed Tocopherols
- Optimal mineral dosages to support macular function while being consistent with overall health
- Independently assayed by FDA registered laboratories for safety and purity

Age-related macular degeneration (AMD) is the leading cause of blindness in persons over age 55 – it is an incurable eye disease that causes progressive visual loss as a result of degeneration of the macula. The macula is the portion of the retina that is responsible for our central vision. When the macula becomes damaged we can no longer distinguish detail and the damaged parts of the macula can cause localized areas of vision loss. Things that we take for granted like reading, recognizing faces, and driving are just a few of the tasks that would readily become very difficult.

Equally devastating as this disease can be, is the fact that there is no known cure and no clear understanding of its cause. Some of the most exciting research related to macular degeneration has been in the area of nutrition and has suggested that certain antioxidants including lutein, zeaxanthin, and meso-zeaxanthin may significantly reduce the risk of AMD. The carotenoids lutein, zeaxanthin and meso-zeaxanthin are the main components of the macula's luteal pigment that protects the retina by absorbing damaging light and neutralizing free radicals that could otherwise harm the eye. Studies have provided evidence that supplementation with these carotenoids is associated with significant improvement in the density of the protective macular pigment. The studies also demonstrated clinical benefits; those with signs of AMD who took a 10 mg supplement of lutein every day over a year's time began to see about one line better on eye charts.

Our goal in formulating **RetinGuard™** and **RetinGuard™ Plus Beta-Carotene** was to create an eye formula that would most greatly support the macular function. These products are the result of extensive analysis of the medical literature to date and represent our desire to provide you with the safest and most scientifically validated formulations for preserving your eye health.

## SUPPLEMENT FACTS

Serving size: two capsules		% RDV
Vitamin A (Beta-Carotene)**	20,000 IU (12 mg)	400%
Vitamin C (Ascorbic Acid)	500 mg	833%
Vitamin E (d-alpha Tocopherol and Natural Mixed Tocopherols)	100 IU	333%
Vitamin B2 (Riboflavin)	3.4 mg	200%
Zinc (Amino Acid Chelate)	25 mg	167%
Copper (Amino Acid Chelate)	2 mg	100%
N-acetyl L-cysteine	100 mg	N/A
Lutein (as Lutein PLUS)	10 mg	N/A
Zeaxanthin (as Lutein PLUS)	4 mg	N/A
Meso-zeaxanthin (as Lutein PLUS)	6 mg	N/A

\*\* RetinGuard™ Plus Beta-Carotene ONLY

## StatinGuard®

### PRODUCT BENEFITS

- Pure USP Pharmaceutical Grade quality
- Replaces nutritional deficits that may be the cause of muscle aches and fatigue associated with statins
- Pure and natural color coating to avoid heavy metals
- Independently assayed by FDA registered laboratories for safety and purity

The Statins, or HMG Coenzyme A Reductase inhibitors, represent a class of medications that has clearly been shown to improve outcomes in cardiovascular disease. These potentially life-saving medications do have their possible drawbacks: elevated liver

function tests (LFTs), myalgias (muscle aches), rhabdomyolysis (muscle breakdown), and decreased Co Q10 levels. It has been proved in numerous studies that statins decrease the body's stores of Co Q10. Low Co Q10 levels have been associated with myalgias and weakness, two of the potential side effects of the statins. Supplementing patients with low Co Q10 levels has been shown to normalize levels. StatinGuard® was formulated for patients taking statins in order to supplement with Co Q10 as a nutritional aid for those with muscle aches and fatigue associated with this class of medications. L-Carnitine and Lipoic Acid are added because of their uniquely beneficial interplay with Co Q10. L-Carnitine helps transport fatty acids into mitochondria where Co Q10 utilizes them to make ATP (energy). Lipoic acid, also a potent antioxidant, helps maintain Co Q10 in its reduced (or beneficial) form.

### FEATURES

- Supplementing patients with low Co Q10 levels has been shown to normalize levels.
- L-Carnitine and Lipoic Acid are added because of their uniquely beneficial interplay with Co Q10.
- Natural vitamin E is added to enhance absorption.

### SUPPLEMENT FACTS

Serving size: one tablet		%RDV
Coenzyme Q10	50 mg	N/A
L-Carnitine	250 mg	N/A
Lipoic Acid	50 mg	N/A
Vitamin E (d-alpha Tocopherol/ Natural Mixed Tocopherols)	30 IU	100%



# VitalOils™

## PRODUCT BENEFITS

- Pure USP Pharmaceutical Grade quality
- Low dose natural Vitamin E to protect fish oils from oxidation
- Small ocean fish as source of omega-3 fats to avoid mercury, PCBs and Dioxins
- Superior cleansing processes of molecular distillation and winterization to further enhance quality and purity
- Independently assayed by FDA registered laboratories for safety and purity

Emerging evidence indicates that omega-3 fatty acids, DHA and EPA, may have potential benefits in the prevention and/or treatment of a number of health conditions. The growing list includes, but is not limited to, heart disease, diabetes, arthritis, Alzheimer's, obesity and cancer. VitalRemedyMD's VitalOils™ is an optimal fish oil supplement. Its high-potency, concentrated and quality controlled form enables people with known heart disease to meet the American Heart Association's recommendations by taking just two softgels daily. Many other fish oil supplements require the consumption of up to five softgels daily. The addition of a small dose of pure Vitamin E, in the optimal form of mixed tocopherols, helps maintain the integrity of the heart-protective omega-3 fats (EPA and DHA) which constitute VitalOils. As VitalRemedyMD always strives to provide the safest and best nutritional supplements, we not only have every batch of VitalOils analyzed by independent FDA registered laboratories, but we also further cleanse our oils through the scientific processes of molecular distillation and winterization. As an added benefit to our patients, we have enteric coated our softgels to eliminate the "fishy burp" that often accompanies consumption of fish oils.

## FEATURES

- Each highly concentrated softgel contains 500mg of DHA and EPA, the heart-healthy omega-3 fish oils
- Just two softgels daily satisfies the American Heart Association's recommendation for patients with known heart disease
- Superior manufacturing process and independent assaying by FDA registered laboratories to enhance quality and safety
- Enteric coated softgels to enhance digestion and eliminate aftertaste of fish oils

## SUPPLEMENT FACTS

Serving size: two softgels		%RDV
Omega-3 Fatty Acids from Fish Oils:		
Docosahexaenoic Acid (DHA)	400 mg	N/A
Eicosapentaenoic Acid (EPA)	600 mg	N/A
Vitamin E (d-alpha Tocopherol/ Natural Mixed Tocopherols)	40 IU	133%



# Vital4Cholest™

## PRODUCT BENEFITS

- Pure USP Pharmaceutical Grade quality
- Cardiologist formulated to help normalize cholesterol
- 4 natural ingredients selected for their unique lipid balancing features and scientifically combined to work synergistically
- Policosanol extracted from pure sugar cane only
- Contains Sytrinol at doses clinically shown to lower cholesterol
- Twice daily dosing for maximal effect
- Available only through your doctor's recommendation
- Pure and natural color coating to avoid heavy metals
- Independently assayed by FDA registered laboratories for safety and purity

Elevated cholesterol is an epidemic that's contributing to the deaths of millions of people a year. Excellent medications such as statins have been proved to help patients with lipid abnormalities. Unfortunately, not everyone can tolerate these medicines. Some patients develop muscle cramps, weakness or fatigue. Others more rarely can face a life-threatening disorder of muscle breakdown called rhabdomyolysis. Those patients unable to tolerate tried and true medications are often left unprotected, searching aimlessly to try to help themselves. Vital4Cholest™ offers such patients an alternative to inaction. By combining 4 natural elements that have been shown in a variety of studies to help normalize lipids, people can now work with their doctors to try to manage their cholesterol problems. Policosanol, Phytosterols, Polymethoxylated Flavones (PMFs) and Tocotrienols are combined in this unique formulation to help patients achieve their cholesterol goals. Sugar cane derived Policosanol (long-chain alcohols) has been shown in some studies to lower LDL by up to 25%. Plant Phytosterols, causing a reported 11% reduction in LDL have been permitted by the FDA to carry the claim of cholesterol improvement. PMFs extracted from citrus peels and Tocotrienols from palm have been shown to independently reduce LDL by over 20%.

## SUPPLEMENT FACTS

Serving Size: two tablets		%RDV
Phytosterols	800 mg	N/A
Polymethoxylated flavones (from Sytrinol)	270 mg	N/A
Policosanol (from sugar cane)	20 mg	N/A
Tocotrienols (from Sytrinol)	30 mg	N/A

# intelligent indulgences

## our MISSION

is to enable your  
doctor to provide  
you with the best  
and most appro-  
priate nutritional  
supplements.

## Chicken Salad

As summer approaches you might want to try a new twist on chicken salad. This recipe takes that great short cut I've come to cherish in which you start with a store-bought rotisserie chicken. Feel free to experiment with additional ingredients or a variation on the mix to include some of your own favorites.

### Ingredients:

2 cups chopped or sliced pieces of roasted chicken  
1 cup chopped tomato  
1/2 cup thinly sliced red onion  
1/3 cup fresh basil leaves, cut into thin pieces with a scissor  
1 (16 ounce) can cannellini beans, rinsed and drained  
1/4 cup red wine vinegar  
2 tablespoons extra virgin olive oil  
1 tablespoon fresh lemon juice  
2 teaspoons Dijon mustard  
1/2 teaspoon salt  
1/4 teaspoon fresh ground pepper  
1 garlic clove, minced



Combine first 5 ingredients in a large bowl, stir gently to mix. Prepare dressing by combining vinegar and remaining ingredients; whisk together and drizzle over salad. Toss gently to coat. Refrigerate for at least 1 hour to chill and let flavors meld. When ready to eat, gently toss chilled salad and serve over a bed of fresh spinach leaves or your favorite greens.

To learn more about our products please ask your physician, or visit our website at [www.vitalremedymd.com](http://www.vitalremedymd.com).

AntioxidantBalance® • Daily2Tab • DailyMultiple • HomocysteineFormula • Dialysist® • RetinGuard™  
JointFormula • N-AcetylCysteine • CALRemedy® • StatinGuard® • Vital4Cholest™ • VitalOils™  
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